

NATICK SENTINEL

December 2016

Letter from the Director

Dear Friends,

On behalf of the staff of the Community-Senior Center, we wish you a holiday season filled with joy and shared with friends and family.

Throughout the month we will be celebrating holidays and seasonal traditions. A few of our special events include our 17th annual holiday party sponsored by the Friends of the Natick Senior Center, concerts by Natick High School Choral group and the Johnson School Peacemakers, and a Hanukkah event on December 27th.

New & Noteworthy: Senior Parking permits for 2017 will be available this month for Natick residents age 65 and older for a \$2.00 fee. The permit is valid January to December. A license and vehicle registration are required at time of purchase.

Best wishes,
Susan Ramsey,
Director

Council on Aging

117 E. Central Street

Natick, MA 01760

508-647-6540

Business Hours:

Mon-Wed: 8:30 a.m.-5:00 p.m.

Thu: 8:30 a.m.-7:00 p.m.

Fri: 8:30 a.m.-2:30 p.m.

<http://natickma.gov/626/Council-on-Aging>

The gym & walking track are not available on
Wednesday, December 14, Thursday, December 15,
and Friday, December 16 due to our holiday party.

All COA programs are cancelled on Thursday, December 15.

Welcoming Statement:

Our center strives to create an environment which values diversity, mutual respect, and supports inclusive ways to work to support services, programs, and advocacy for people of all ages and abilities.



Volume 14, Issue 10

The **Natick Sentinel** is published ten times per year. Information is published as a guide and service. The goal is to help provide safe, quality services. Ideas and opinions expressed are those of individuals and not the Town of Natick.

For activities requesting donations or fees, provisions have been made to finance those participants who may have financial difficulties. Reasonable accommodations, audio-visual aids, and other services are available upon request.

Call the Community-Senior Center for more information or to talk to staff, below, at 508-647-6540.

COUNCIL ON AGING STAFF

Susan Ramsey.....COA Director
Lorraine C. McNally.....Asst. Director/Prog. Developer
Karen Edwards.....Volunteer Coordinator
Sharon Kirby.....Program Assistant
Allison Goldman.....Administrative Assistant
Ken Colon.....Department Assistant
Patti Collari.....Department Assistant
Mindy Goldstein.....Technology Program Assistant
Sheila Young.....CIRS-A/D Information & Referral
Specialist/Exec. Asst.

HUMAN SERVICES

Debbie Budd, CIRS-A/D.....Case Manager
Teri Checket, MS, LSW.....Social Worker/Coordinator

INSTRUCTORS / GROUP LEADERS

Lois Barbour.....Duplicate Bridge
Robert Baum.....Bridge Instructor
Doris Burke.....Bridge Instructor
Manny Correia.....Line Dancing
Susan Craver.....Zumba
Erika C. Edmonds.....Basic Drawing
Michael Franklyn.....Writer's Guild
Sheralee Gladu.....T'ai chi, Strength Training
Charlene Harper.....Muscle Building
Susan Interrante.....All Media Workshop
Donna Lambert.....Knitting
Mala Maurer.....Chair Yoga
Gene Pacelli.....Yoga
Gina Poole.....Goldenaires
Lori Rosen.....Drop in Beading
Judith Sachs.....Beaded Flowers
Helen Sicotte.....Quilting
Tom Swan.....Computer Lab
Tony Terrasi.....Pool/ Play Pool
John Vernon.....Chair Aerobics

SPECIAL PROGRAMS

Blood Pressure Clinics.....Natick VNA
Diabetic Support Group.....Joan Hill
Income Tax Prep. Assistance.....John Homberg
Law Help.....Atty. Julie McQuade Ladimer
SHINE (Tuesday).....Marty Maffeo
SHINE (Wednesday).....Phyllis DiSano
SHINE (Thursday).....Mary Keyes & Margaret Snow Reagan

Important Phone Numbers

Emergency: Police, Fire, Ambulance.....911
Bacon Free Library (South Natick).....1-508-653-6730
BayPath Elder Services.....1-508-573-7200
MA Peer Review Org., Medicare Info.....1-508-252-5533
MAB Community Services.....1-800-852-3029
Mass. Dept. of Transitional Assistance.....1-508-628-1200
MetroWest Regional Transit Authority.....1-508-935-2222
MetroWest Medical Center/Leonard Morse.....1-508-650-7000
Morse Institute Library.....1-508-647-6520
Natick Fire, General Business.....1-508-647-9550
Natick Health Department.....1-508-647-6460
Natick Police, General Business.....1-508-647-9500
Natick Recreation & Parks.....1-508-647-6530
Natick Town Administrator.....1-508-647-6410
Natick Veterans Services.....1-508-647-6545
Natick VNA.....1-508-653-3081
Senior Citizens Legal Project.....1-508-620-1830
Social Security.....1-800-772-1213

Council on Aging Officers & Board Members

Chair: Harriet Merkowitz
Vice Chair: Richard Goldstein
Secretary: Helen Anzick
Board Members: Roberta Ciarfella, Robert Couture,
Donald Greenstein, Bill Grome,
Joan Hill, Karen Oakley, Elaine Ostroff,
Salvatore Pandolfo
Associate Member: Steve Zafron

The Council on Aging Board meets the 2nd Monday of the month at 7:00 p.m.

Friends of the Natick Senior Center, Inc.

President: Judy D'Antonio
Vice President: Edna Glass
Treasurer: Jerry Pierce
Corresponding Secretary: Margaret Gately
Clerk: Elizabeth Rosa
Gift Shop Manager: Gini Lyster
Board Members: Wilberta Davis, Ann Fremault,
Donna Lambert, Daryl Lippman,
Gini Lyster, Tom Swan,
Charlotte Swartz, John Worcester
Associate Member: Cindy Hurley
Honorary Board Member: Gladys Eagerman

The Friends of the Natick Senior Center, Inc. Board meetings are held the first Tuesday of the month at 10:00 a.m.

FINANCIAL AID

Any community member can request support to offset some or all of the fees associated with an activity. Please contact Sheila Young at 508-647-6540 x1900 for confidential assistance.

17th Annual Holiday Party for Natick Seniors

Thursday, December 15th at Noon

This event is now FULL: PLEASE CARPOOL: PARKING LIMITED!

We will be holding our 17th Annual Holiday Party at the Community-Senior Center, 117 East Central Street, Natick, on Thurs, Dec. 15th at noon, sponsored by the Friends of the Natick Senior Center. Event is **free**. There will be a full turkey dinner and dessert.

- The *Goldenaires* singing group will perform as our guests are entering the gym and being seated.
- Please be aware that parking is very limited: carpooling is recommended. We will have a shuttle to and from senior housing on an as needed and requested basis.
- **Please note that all regular programming will be suspended for the day. Please call the CSC if you have questions: 508-647-6540.**

This is a great opportunity to register for your 2017 Friends membership! Applications will be available in the lobby and on the tables. We would like to thank our Friends organization for sponsoring this year's dinner and to Needham Bank for being the inaugural sponsor for *Natick Lights Up the Holidays* and providing lanterns for use during a power outage!



Wanted: Elves to Assist Santa Return Letters

Every year an elf leaves special mailboxes at the Natick libraries to collect children's letters to Santa. Elves then meet at the Community-Senior Center to help Santa answer the letters. Many elves are needed; no previous elf experience necessary. What could be more magical at this time of year? If you are interested, please call 508-647-6540 to sign up. Seasonal music and refreshments.

Mon Dec 12 11:00 a.m. free

Thank you for everyone who attended our Annual Slice of Pie on Thursday, November 17!

Thank you for making our event great! Thanks to Mary Ann Morse Healthcare Corporation and Roche Brothers in Wellesley for donating pies for our event, and for the Newton Swing Band for volunteering their time and talent to make a fantastic celebration for Natick's seniors!

We hope it was the start of a wonderful and peaceful holiday season!

Home Safety for the Holidays

Look for Tanya from the Natick Fire Department as she will be on hand to discuss Home Safety, at the CSC.

Thu Dec 15 11:00 a.m. - 2:00 p.m. free

Looking for a Good Book? To read or to gift? Get holiday gift ideas for the book lover on your list!

Join Lorna Ruby, who has worked in the book business for over 30 years, as she brings a sampling of new books. She'll talk about hot new fiction titles, gift books, and holiday selections. Perfect for the book lover or if you're looking for a holiday gift. Hear expert recommendations from a book expert and booklover. She is currently the lead book buyer at local independently owned Wellesley Books.

Wed Dec 7 1:00 p.m. free



Hanukkah Celebration

Join Rabbi Daniel Lebin, from Temple Israel in Natick, in a celebration for Hanukkah. Light snacks will be provided.

Tue Dec 27 2:00 p.m. free

SPECIAL EVENTS: December

Mindfulness Meditation

Join Sharon Kirby as we highlight different meditative practices including silent sitting, body scan, walking meditation, eating meditation, and more. Some of the reported benefits of mindfulness practice include: enjoying life more fully, relieving stress, lowering blood pressure, reducing pain, and improving sleep. Please bring a yoga mat if you have one; chairs will be available.

Thu Dec 1 & 8 11:00 a.m. free

Opera Appreciation Series

This drop-in course will be guided by Ron Williams, an award winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally including the San Francisco Spring Opera and Michigan Opera. He sang in the world premiere of "The Last Leaf" with Opera San Jose. *Due to the generosity of an anonymous donor, scholarships are available on a confidential basis. Participants must apply each session the class is offered. Please contact Lorraine at the CSC for details.*

Fri Dec 2 - Dec 16 10:30 a.m. \$5/class

Contract Bridge for Players with Doris

This course is for bridge players who have taken several courses but would like to sharpen their bidding and playing skills. Doris will be introducing current bridge bidding, such as the strong two-club bid, the weak two bid, and the Jacoby transfer. Some time will be spent on declarer play and defensive play; however, most of the class time will be given to playing bridge with some pre-dealt hands and randomly dealt hands. 10 weeks.

Mon Dec 5 - Feb 13 10:30 a.m. free

You Can Improve Your Memory

Join Judy Sabol in this interactive program on tips for improving your memory and discussion about memory and aging. Refreshments will be provided by Heritage in Framingham. Registration required - space is limited.

Wed Dec 7 9:30 a.m. - 11:00 a.m. free

YMCA's Diabetes Prevention Program

Location: Community-Senior Center

This program gives you the skills you need and the support you deserve to make lasting healthy lifestyle changes. This program will help you lose weight, increase your physical activity, and, most importantly, reduce your risk for diabetes. **Each class is 1 hour long and will meet weekly for 16 weeks followed by 8 monthly maintenance sessions.** Please contact Tom Black [508-879-4420 ext.39](tel:508-879-4420) or tblack@metrowestymca.org for more information.

Wed Dec 7 10:30 a.m. free
16 week sessions; followed by 1x month/8 months

Pre-registration required for all classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

TED Talks Discussion Group

This is a casual group that enjoys TED. This is not a debate group, but rather a collection of courteous individuals who aspire to learn more about their world. We'll watch 30 minutes of Talks and then talk for 30 minutes. Topic: The art of choosing. Sheena Lyengar studies how we make choices - and feel about the choices we make. At TEDGlobal, she talks about both trivial choices (Coke v. Pepsi) and profound ones, and shares her groundbreaking research that has uncovered some surprising attitudes about our decisions.

Thu Dec 8 11:00 a.m. free

CSC Book Group

Join a representative from the Bacon Free Library for a fun book discussion on these historical books, including both fiction and non-fiction. All are welcome to join whether you have a chance to read the book or not! RSVP requested, register in Community Pass or at the desk at Natick Community-Senior Center. Copies of the books are on hold at Bacon Free Library and also are available as downloads on Minuteman Library Overdrive. Feel free to bring your own cup of coffee or purchase one at the center!

Book selection for December 13 is *Silent Night* by Stanley Weintraub

Tue Dec 13 1:00 p.m. free

Does the U.S. Constitution Warrant Any Changes?

Join this group discussion as we look at our Constitution and talk about how it might be changed or improved. Topics will include checks & balances; term limits; how the electoral college works; and more. We'll all learn more about how our government operates and get a deeper understanding of it. The group is moderated by Bob Bernstein who has a masters degree in American Government.

Tue Dec 13 & 20 2:15 p.m. free

Natick High School Choir performing at CSC

Enjoy holiday favorites and more with the Natick High School Choir!

Wed Dec 14 1:00 p.m. free



Birthday Parties With The Friends

Monthly birthday parties are run by our wonderful Friends of the Natick Senior Center! Join us for cake, ice cream, and lots of fun! All are welcome to come — bring a friend, a grandchild, or just yourself! Come and celebrate with us!

Fri Dec 16 1:30 p.m. free

SPECIAL EVENTS: December



NEW - Senior Learning Network Program
RAT PACK Favorites: Music From Frank, Sammy, and all their pals

Everyone knows the Rat Pack -- they were the ultimate in cool back in the day. But just how did this random group of musicians and actors become the inimitable Rat Pack? What songs do you identify with each member? How did the events of the day make them stars? Help Michael Dee and his group as they discover and explore these iconic superstars and their memorable hits. Please call CSC for information.

Wed Dec 21 OR 29 1:30 p.m. free

SPECIAL EVENTS: January & February

Intermediate Bridge with Robert

Intermediate Bridge continues with Robert Baum! If you are comfortable with the basics and want to improve your game, Intermediate Bridge is for you. A fun and friendly group learns and practices the next level of the game including negative doubles, new minor forcing, defensive carding, opening leads, and much more. Eight sessions include instruction and discussion followed by play where questions are encouraged. If you enjoy the challenge of bridge and want to get better, join us.

Tue Jan 10 - Feb 28 3:00 p.m. - 5:00 p.m. \$80

Opera Appreciation

Starts again. This drop-in course will be guided by Ron Williams, an award winning artist familiar to opera and concert audiences throughout New England

Fri Jan 6 10:30 a.m. \$5/class

CSC Book Group - Fiction and Non-Fiction History

Join a librarian from the Bacon Free Library for a fun book discussion on these historical books including both fiction and non-fiction. All are welcome to join whether you have a chance to read the book or not! RSVP requested, register in Community Pass or at the front desk at the Natick Community-Senior Center. Copies of the books are on hold at Bacon Free Library and are also available as downloads on Minuteman Library Overdrive. Feel free to bring your own cup of coffee or purchase one at the center!

Book selection for January 17 is *Falling Angels* by Tracy Chevalier

Tue Jan 17 1:00 p.m. free

WE ACCEPT



SPECIAL EVENTS: January & February

Pre-registration required for classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

NEW - Senior Learning Network Program

Celebrate Martin Luther King, Jr. and his legacy with the National Archives. Offered by: National Archives - Ft. Worth. Who was a father, a minister, an adviser to presidents, and a civil rights leader? Martin Luther King, Jr., of course! We celebrate his legacy every January on Martin Luther King Day. In this program, participants will learn about King's important role in America's Civil Rights Movement by analyzing photographs and documents held at the National Archives.

Will be held in January 2017 - Date and time will be posted in next newsletter.

Butterfly Explorations with Audubon Naturalist Expert Joy Marzolf

Join Joy Marzolf, Education Coordinator and Naturalist at Mass Audubon's Broadmoor Wildlife Sanctuary in Natick, for a fun and informative talk with photo/video and specimens!

Wed Feb 8 1:30 pm free



Engineering for Humanity: Helping Elders Age in Place Through Partnerships for Healthy Living

Natick Council on Aging is collaborating with Olin College in Needham to help them with an exciting course taught by 2 Olin College professors. One aspect of the course is to match older adults with students from Olin, Wellesley, and Babson Colleges. Older adults will have contact with interested students who want to learn about their daily lives and will collaborate with them to design and implement simple engineering solutions to everyday problems. Project participants will also be invited to attend classes and field trips at Olin for occasional events. Older adults must be at least 65 years old, available late January to early May, 2017, and be willing to have students come to their homes.

For more information, contact Karen by e-mail at kedwards@natickma.org or 508-647-6540

Visit us on Facebook

<https://www.facebook.com/natickcommunityservices>



GAMES & ART

Art Workshop

Welcome artists of all levels. Work on your project in the medium of your choice (no turpentine). Bring a plastic cover for your area.

Mon **3:00 p.m. - 5:00 p.m.** **free**

Beaded Jewelry Making Program – Drop In

Come and make your own beaded jewelry creations including earrings, bracelets, necklaces, etc. All materials are provided and there is a modest charge per item made and taken.

Mon **Dec 12** **10 a.m.** **free**

Beaded Flower Class: *Beginners welcome!*

Join us as we learn the art of beaded flower making from a knowledgeable instructor. Participants will learn how easy it is to make beautiful beaded flowers and arrangements.

Tue **1:00 p.m.** **\$10 fee for materials as needed**

Portrait Painters

Clothed models pose for class attendees. All mediums are used; however, turpentine is not allowed. Models are paid through the class fee of \$6/per class. If you would like to model for the group, please call the CSC. Cash or check due on the day of session.

Thu **Dec 1, 8, 22, & 29** **10:00 a.m.** **\$6 per class**

Writer's Guild

This group of (mostly) amateur writers provides support to other writers, a venue to test your writing efforts by reading your work aloud, and gentle guidance and feedback from group members, (if you wish). Members share their work including poetry, fiction, memoirs, essays, and journal entries. This group will help you improve and learn from your peers.

Tue **1:00 p.m.** **ongoing** **free**

COMPUTERS

Computer Lab

Instructors: Tom Swan, Ray Berggren

Drop-in, first come, first served with your computer questions.

Tue, Wed, Thu **1 - 3:00 p.m.** **ongoing** **free**
Mon, Fri **9 - noon** **ongoing** **free**

FOSS (Free, Open-Source Software) User Group

Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. FOSS is now the most common software on everything from smart phones to the biggest computers of all. Excellent FOSS applications can fit your computer, your interests, and your abilities. All computer users are welcome.

Thu **Dec 1 & Jan 12** **3:00 p.m. - 6:00 p.m.** **free**

COMMUNITY

Pre-registration required for classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

Get to Know Your Town Government

A conversation with Sue Salamoff, Natick Board of Selectmen. Come with your questions!

Thu **Dec 1** **9:30 a.m.** **free**

Representative Linsky's Office Hour

Meet with Rep. Linsky and bring your concerns or questions.

Mon **Dec 12 & Jan 9** **9:30 a.m.** **free**

Bagels With The BOS

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu **Dec 15 & Jan 26** **9:00 a.m.** **free**

Coffee And Current Events

Instructor: Joe Weisse

Discuss international, national, state, and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. He serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former State Agency Public Information Officer.

Fri **Dec 16** **10:30 a.m.** **free**

SHINE

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Volunteers are available at the Community-Senior Center on **Tuesdays, Wednesdays, & Thursdays**. If you have questions regarding your health insurance, please call the CSC and ask for a SHINE appointment.



2017 Senior Parking Permits

Senior citizen 2017 parking permits will be available in December to Natick residents age 65 and older for a \$2.00 fee. Parking permits are available for purchase at the CSC and cover the calendar year (Jan-Dec). Your license and car registration are required at the time of purchase.

Closed for the following Holiday's

We are closed on December 26, 2016, and January 2, 2017.

COMMUNITY

Red Cross Blood Drives at The CSC

| Day | Times | Dates |
|-----|------------------|---------------|
| Mon | 2:00 – 7:00 p.m. | Dec 12, Jan 9 |

Please book an appointment for your donation by calling 1-800-REDCROSS (733-2767) or visit redcrossblood.org.

Homebound Flu Shots

If you are homebound and you would like to receive a flu shot, contact the Natick Health department at 508-647-6460, or health@natickma.org. Leila Mercer, whom is the Public Health Nurse.

Natick Open Door

Enjoy a weekly community meal and social event, located downstairs at St. Paul's Church Hall, 39 E. Central Street, Natick, MA (across from Fire/Police station) every Thursday, except Natick School snow days. Come early for music and singing 5:00 p.m. - 6:30 p.m. Bring some friends - room for all!



Weather Related Cancellations

Classes/activities may be cancelled due to extreme weather or unsafe conditions. If the Natick Schools are closed, daytime classes will not be held. Evening classes may or may not be held, depending on road conditions. If in doubt, contact the Community-Senior Center for updates.

natickconnector



The Natick Connector is a convenient, secure, and accessible transportation service for elders and disabled residents. **We are now operating Monday-Friday from 9 a.m. - 4 p.m. In addition to our 12 passenger van, we will be using a smaller SUV type vehicle.** The service provides door to door transportation to medical appointments, grocery stores, and other personal services in Natick and the surrounding towns of Framingham, Wellesley, Wayland, Ashland, and Sherborn. The cost for one-way is \$2; round trip is \$4. Cash is not accepted on-board; call the MWRTA to set up an account from which the fare is deducted. To register for the service and set up your account, call the Call Center at **508-820-4650** and tell them you want to set up an account with the *Natick Connector*. Please call two business days before you need a ride. Contact Jack Rourke with questions at or phone number: **508-647-6540**.

Drop-in programs: free unless indicated

| Days | Program | Times |
|---------------|---------------------|-----------------------|
| Mon-Fri | Play Pool | 9:00 a.m.- 5:00 p.m. |
| Mon, Thu | Poker | noon |
| Mon | Chair Volleyball | noon |
| Mon, Wed, Thu | Movie | 1:00 p.m.; 5:30 p.m. |
| Mon | Scrabble | 1:00 p.m. |
| Mon | Ping Pong | 3:00 p.m. |
| Tue, Thu | Video Exercise | 10:00 a.m. |
| Tue | Maj Jongg | noon |
| Tue | Bingo | 12:30 p.m. |
| Tue | Writer's Guild | 1:00 p.m. |
| Wed, Fri | Chair Volleyball | 10:30 a.m. |
| Wed | Duplicate Bridge | 12:30 p.m. |
| Wed | Knitting/Crocheting | 1:00 p.m. |
| Thu | Contract Bridge | 9:00 a.m. |
| Thu | Quilting | 1:00 p.m. |
| Fri | Cribbage | 10:00 a.m. |
| Fri | Contract Bridge | 1:00 p.m. |
| Fri | Drop-in Bridge | 1:00 p.m. |
| Fri | Ping Pong | 2:00 p.m. - 7:00 p.m. |

Special Events Calendar:

| MONDAY | TUESDAY | WEDNESDAY |
|--|---|--|
| <p>See Page 7 For the drop-in program schedule</p> | <p>See Page 10 For the exercise class schedule</p> | |
| <p>5 10:30 Contract Bridge w/Doris 3:00 Art Workshop</p> | <p>6 10:00 The Goldenaires 11:00 Bereavement Support Group 1:00 Beaded Flowers 3:00 Intermediate Bridge w/Robert</p> | <p>7 9:30 Art with Erika 9:30 You Can Improve Your Memory 10:30 YMCA's Diabetes Prevention 1:00 Gift Ideas for the Book Lover</p> |
| <p>12 9:30 Rep. Linsky's Office Hour 10:30 Contract Bridge w/Doris 10:00 Beaded Jewelry 11:00 Elves to Assist with Letters 2:00 Red Cross Blood Drive 3:00 Art Workshop</p> | <p>13 10:00 The Goldenaires 10:00 Diabetes Group 1:00 CSC Book Group 1:00 Beaded Flowers 2:15 U.S. Constitution Discussion 3:00 Intermediate Bridge w/Robert</p> | <p>14 9:30 Art with Erika 1:00 NHS Choir Performance 1:30 Blood Pressure</p> |
| <p>19 10:30 Contract Bridge w/Doris 3:00 Art Workshop</p> | <p>20 10:00 The Goldenaires 11:00 Bereavement Support Group 1:00 Beaded Flowers 2:15 U.S. Constitution Discussion 3:00 Intermediate Bridge w/Robert</p> | <p>21 9:30 Art with Erika</p> |
| <p>26</p>  | <p>27 10:00 The Goldenaires 1:00 Writer's Guild 1:00 Beaded Flowers 2:00 Hanukkah Celebration 3:00 Intermediate Bridge w/Robert</p> | <p>28 9:30 Art with Erika 1:30 Blood Pressure</p> |

THURSDAY

FRIDAY

1
9:30 Get to Know your Town Gov't
10:00 Portrait Painters
11:00 Mindfulness Mediation
1:00 The Nurse Is In
3:00 FOSS

2
10:30 Opera Appreciation Series

8
10:00 Portrait Painters
11:00 TED Talks Discussion Group
11:00 Mindfulness Mediation
1:00 The Nurse Is In

9
10:30 Opera Appreciation Series

15
11:00 Holiday Home Safety
12:00 Holiday Party

**All other programs are cancelled today due to the
 Holiday Party.**

16
10:30 Coffee and Current Events
10:30 Opera Appreciation Series
1:00 **Low Vision Support Group**
1:30 Birthday Party with the Friends

22
10:00 Portrait Painters
1:00 The Nurse Is In

23

29
10:00 Portrait Painters
1:00 The Nurse Is In

30

December 2016

Fitness Room At CSC

The Fitness Room at the CSC is a small community gym with cardiovascular equipment, KEISER pneumatic weight machines, and free weights. To join, you must complete an orientation session, which you can sign up for at the front desk at the CSC. There is a \$5 orientation fee. The fee will be deducted from your membership cost if you decide to join the fitness room. Please arrive early for your scheduled orientation time, as late arrivals will not be permitted. If you do not attend the orientation, or do not arrive on time, the fee is nonrefundable. Membership is for 6 months, and is \$25 for those 60 and over, and \$40 for those 18-59. Gift certificates are available from the front desk at the CSC. Please contact the CSC for more information. Fitness room hours are Mon-Fri from 7:30 a.m. - 8:00 p.m. and Sat 8:30 a.m. - 12:30 p.m.

Small Group Personal Training

Instructor: Fitness Together Staff

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month. **There will be no class on Dec 15. Please note: A new class started at 11:00 a.m. in November! You must specify and then attend ONLY the class you have signed up for as class size is limited. Class size is limited to 8.** Starting for our new 11:00 a.m. class in November, and going forward, we will have registration dates for ALL classes. Preference will be given to Natick residents.

For ALL Dec 20 classes: registration will start **Dec 6 for Natick residents**, and **Dec 13 for all non-Natick residents**.

For ALL Jan 17 classes: registration will start **Jan 3 for Natick residents**, and **Jan 10 for all non-Natick residents**.

New class time

| Day | Times | Dates | Price |
|-------------|--------------------|-----------------|-------------------|
| **Tue & Thu | 11:00 - 12:00 p.m. | Dec 20 - Jan 12 | \$100 per session |
| Tue & Thu | 10:00 - 11:00 a.m. | Dec 20 - Jan 12 | \$100 per session |
| **Tue & Thu | 11:00 - 12:00 p.m. | Jan 17 - Feb 14 | \$100 per session |
| Tue & Thu | 10:00 - 11:00 a.m. | Jan 17 - Feb 14 | \$100 per session |
| Tue & Thu | 7:00 – 8:00 p.m. | Nov 15 - Dec 13 | \$100 per session |
| Tue & Thu | 7:00 – 8:00 p.m. | Dec 20 - Jan 12 | \$100 per session |
| Tue & Thu | 7:00 – 8:00 p.m. | Jan 17 - Feb 14 | \$100 per session |

Weekly Exercise Classes At The CSC

The classes below are on the Multi-Class Exercise Card. Classes are \$3.00 per class and require the purchase of a Multi-Class exercise card. With our new computer system, cards will now be electronic and cost of class will redeem upon sign-in the day of class. Electronic cards are available in 2 denominations: 10 classes for \$30, or 5 classes for \$15. You may purchase the new electronic card at the front desk.

- Chair Yoga: Mondays at 10:00 a.m.
- Zumba: Mondays at 11:30 a.m.
- Muscle Building: Advanced Band Exercises
Tuesdays and Thursdays at 10:00 a.m.
- Muscle Building: Low to Moderate Band Exercises
Tuesdays and Thursdays at 11:00 a.m.
- Chair Aerobics: Tuesdays at 11:15 a.m.
Wednesdays, Fridays at 11:00 a.m.
- Evening Muscle Building:
Tuesdays and Thursdays at 5:30 p.m.
- Line Dancing: Wednesdays at noon
- Strength Training: Fridays at 10:00 a.m.
- Tai Chi: Fridays at 11:15 a.m.
- Yoga: Fridays at 2:15 p.m.

TRIPS

Day Trip To Museum Of Fine Arts, Boston, and special exhibit of William Merritt Chase

Join us for a day excursion to the Museum of Fine Arts in Boston! The special exhibition of the works of William Merritt Chase (1849–1916) who was a brilliant observer, an innovative painter, and a leader in international art circles at the turn of the last century. Bus will depart from Natick Community-Senior Center at 9:30 a.m. and from the MFA at 2:30 p.m., returning back to Natick Community-Senior Center at approximately 3:30 p.m. Lunch (not included) options at the Museum include four eateries. Thank you to Whitney Place Assisted Living Residences and Heritage at Framingham Senior Living for their generosity in providing the transportation. (This event is a non-refundable purchase. Snow date Friday, January 13.)

Fri Jan 6 9:30 a.m. \$18

Jackson Homestead And Museum

Bus departs 10:30 a.m. from Natick Community-Senior Center. The Jackson Homestead in the village of Newton Corner is an historic house that served as a station on the Underground Railroad before the Civil War. Visit will last approximately 1.5 hours.

Admission charge to museum is \$5.00.

Wed Feb 15 10:30 a.m. \$5 admission
*Please note: Additional non-refundable \$4 for the Natick Connector fee



Day Trip To Butterfly Magic in Deerfield, MA

Bus departs 8:30 a.m. from Natick Community-Senior Center and arrives back approximately 5:30 p.m.

Stroll through a conservatory filled with butterflies and enjoy a delicious luncheon at Chandler's Restaurant. Trip insurance is available for an additional \$10.

Wed Mar 1 8:30 a.m. \$87

NEW - Community Connections - Senior Center Without Walls

A new program is offered via telephone for seniors unable to travel to the Community-Senior Center. The goals are to connect them with a social network, as well as senior center activities, from the comfort of their own homes, and to create new friendships! Calls will last 10, 45, or 60 minutes. Topics range from current events, trivia, stories, coffee break, arm chair travel (ex. Learn about other countries and their people), as well as topics identified by the callers. The calls will be led by volunteers who will share their skills, expertise, and interests with the seniors. Pre-printed step-by-step and easy to read dial-in instructions will be provided. It is as easy as dialing a telephone number and six digit code! To participate or request additional information, please call Mindy Goldstein at 508-647-6540 extension 1919.



Monday Movies: at 1:00 p.m. & 5:30 p.m.

New movies

| Dates | Film |
|-------------|---|
| December 5 | <i>The Man Who Knew Infinity, PG-13</i> |
| December 12 | <i>Indignation, R</i> |
| December 19 | <i>Love and Friendship, PG</i> |
| December 26 | CLOSED for Christmas |

Wednesday Movies: at 1:00 p.m. & 5:30 p.m.

Foreign, Independent, Documentaries; suggestions are welcome!

| Dates | Film |
|-------------|---------------------------------|
| December 7 | <i>The Dark Horse, R</i> |
| December 14 | <i>Cemetery of Splendor, NR</i> |
| December 21 | <i>Sweet Bean, NR</i> |
| December 28 | <i>Guernica, NR</i> |

Thursday Movies: at 1:00 p.m. & 5:30 p.m.

Great older award winning or nominated films

| Dates | Film |
|-------------|--------------------------------|
| December 1 | <i>Dead Poets Society, PG</i> |
| December 8 | <i>Amadeus, R</i> |
| December 15 | <i>My Left Foot, R</i> |
| December 22 | <i>A Beautiful Mind, PG-13</i> |
| December 29 | <i>A Room with a View, R</i> |

Details and movie description available at CSC

VOLUNTEER OPPORTUNITIES

Volunteering for the Council on Aging just got easier! If you are interested in becoming a COA volunteer, go to www.myvolunteerpage.com and search for "Natick". You will be brought to our new volunteer page where you can get information about volunteer opportunities and apply online to become a volunteer.

TRANSPORTATION VOLUNTEERS

Volunteers are urgently needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally as well as in Boston. Drivers have the opportunity to meet and get to know many new people while providing a much needed service. This opportunity allows for a flexible schedule. Drivers use their own cars to drive people to destinations (to which they are comfortable going). Drivers can also opt to drive our new MWRTA sponsored van. If you are driving the van, there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts. To sign up to be a volunteer driver go to www.myvolunteerpage.com, search Natick, and select the link to our online application.

PARKING PERMIT VOLUNTEERS

We are expecting the parking permits for 2017 to be here in early December and are looking for people who are comfortable using computers to look people up in our database and issue parking permits. This will involve data entry into our database and confirmation that they have a valid driver's license and matching car registration. We will train those who are unfamiliar with our database, starting in mid-November.

If you have questions or require further information, e-mail kedwards@natickma.org.



Thank you to all of our community volunteers that raked over 30 yards for Natick Seniors in November!



Fuel Assistance

2016-2017 Winter Season

Natick Human Services staff will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) for the 2016-2017 winter season. Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the income guidelines. Following are the guidelines for family sizes/households of up to 5 people. New applicants can begin applying on November 1st.

Fiscal Year 2016 Low-Income Home Energy Assistance Program

Income Eligibility Guidelines

| Household Size - Max. Gross Annual Income | | |
|---|--------------|--------------|
| 1 - \$34,001 | 2 - \$44,463 | 3 - \$54,925 |
| 4 - \$65,387 | | 5 - \$75,849 |

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). Income guidelines will be available in December and applications can be completed and submitted after January 1st. Please call Debbie Budd at 508-647-6540 with any questions about fuel assistance, income eligibility guidelines, or to schedule an appointment to complete an application.

CARE AND PREPARE

The **Natick Emergency Preparedness Team** is continuing to offer a voluntary call system in the event of a weather-related or other town emergency. The purpose of the call is to provide you with up to date information, make sure you are safe and have adequate resources to stay at home for the duration of the event, and to respond to you if you have an emergency situation. You may receive a call prior to, and during an emergency, informing you of the emergency and instructing you who to call if you need assistance. You, or your designee, will be responsible for reporting any needs or storm related emergencies. If you are interested in signing up for this program, please request a form at the Natick Community-Senior Center. The information that you provide will be protected, stored in a secure location, and used only in an emergency. **If you signed up last year, you are still active in this program.** If you have any questions, please call Teri Checkat at 508-647-6542.

Eat right – even when money is tight

Did you know that over four million older Americans use the Supplemental Nutrition Assistance Program (SNAP) to buy healthy food? If you meet the income qualifications and are approved for SNAP benefits (food stamps), you will receive a special debit card that you can use to buy nutritious foods at most grocery stores. Call Debbie Budd at 508-647-6540 for more information.

Information and Referral

Sheila Young, the Information and Referral Specialist, can offer information and resources for residents of Natick about home care services, assisted living, nursing homes, support groups, adult day health, home delivered meals, and more. Please call 508-647-6540 to speak with Sheila.

Podiatry Clinic with Dr. John

Second Wed of each month from 9:00 a.m. - noon. Appointment required, call CSC. A fee will apply.

Blood Pressure Clinics

Dec 14 & 28 at 1:30 p.m.

Ask an Attorney

Private appointments will be scheduled every 15 minutes. Bring your legal questions to an experienced Elder Law attorney. Call to make an appointment.

Veterans Services

For information and aid for Natick veterans and their families, please call Paul Carew or Sheila Young at 508-647-6545.

Bereavement Support Group

Tue Dec 6 & 20 at 11:00 a.m.

This drop-in group is for those who have lost a loved one. Bereavement group participation can help to facilitate the healing process. Meets the first and third Tuesday of the month. Parmenter Home Care & Hospice facilitates this group.

Low Vision Support Group

Fri Dec 16 at 1:00 p.m.

This group, sponsored by the Massachusetts Association for the Blind and Visually Impaired, is for individuals who are losing their vision and would like to learn from, and listen to, others' experiences. For more information about the group, please call Laurie Werle, 800-852-3029.

Diabetes Self Management Support Group

Tue Dec 13 at 10:00 a.m.

Come join us! We offer a diabetes self-help support group that provides social, emotional, and educational support for people affected by diabetes, or caring for a loved one with diabetes. Diabetes is a chronic illness which can leave you feeling isolated or uncertain about what you are experiencing. The advantage of a group is that you will feel less alone. Group members find that their feelings, fears, fantasies, and hopes are shared by others. The group is facilitated by Joan Hill, RD, CDE, LD.

Supportive Services

A social worker is available by appointment to provide residents of all ages with information, guidance, and help completing applications for various local, state, and federal assistance programs, as well as housing options. **Please call the CSC to schedule an appointment.**

The Nurse is in

Thu from 1:00 p.m. - 2:00 p.m.

A nurse from the Natick VNA and Distinguished Care Options provides private consultation and education. The nurse will be available by appointment only to discuss any health conditions or concerns.

Home Delivered Meals

Seniors can get meals delivered to their home through BayPath Elder Services. Call 508-573-7200 for more information. There is a suggested donation of \$3.00.

RMV Near Me

The Council on Aging can now conduct certain Registry of Motor Vehicles transactions on-line with assistance from trained volunteers and staff. By appointment only; for more information or to make an appointment, call 508-647-6540.

With Medicare Plans, does it matter which pharmacy you use?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2017, there are 21 Medicare drug plans and 18 of them have **preferred pharmacies**. By using a preferred pharmacy, you can save money! You should check that the pharmacy you currently use is the best one to use with your plan.

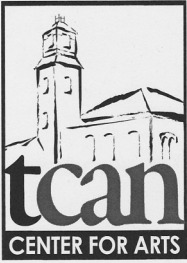
Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies may cost less than mail order.

REMINDER: Many plans have made changes to their premiums, deductibles, co-pays, and the drugs that are covered. Now is the time to review your options and make a change for 2017.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!

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Friends of The Natick Senior Center

Dear Friends:

Now that Thanksgiving is over, and we've had our fill of turkey and stuffing, it's time to think about gift giving. Don't forget the vast selections in our "Little Gift Shop" or try your hand at making a gift in one of our classes - beading, knitting, quilting, etc. It's very special to give a personally made item.

I attended a "Senior Learning Network" program for the first time in November. We were hooked up to the Franklin Delano Roosevelt Library and had an interactive hour between our audience and the director via a large Skype screen. It was amazing! Take advantage of this opportunity - talking face to face with one another. Watch the calendar for dates.

December's Volunteer Spotlight shines on 91 year old Winnie Sinclair, a woman who should be a role model to us all. Winnie started her giving career approximately 18 years ago at our original Lincoln School site. She was the greeter at the front desk and she filled in at any of the office jobs whenever needed. She transported many of our elders to doctor and hospital visits. She moved up to the Oak Street location - knitting and quilting on a weekly basis with donations going to veteran groups and cancer patients. Winnie is very active at the Fiske Methodist Church raising funds at its Annual Fair with proceeds going to the missions in third world countries. She keeps an eye out for everyone. The Sinclair Family was honored recently as dad, Donald, and four sons were recognized at the dedication of the Sinclair Family Square. A salute to Winnie and her family for service well done.

Have you cleaned out any closets lately? We are looking for paper plates, cups, and napkins for the Lincoln Café. We host the monthly birthday parties every third Friday and business and educational meetings monthly. Donations will help with our fund raising.

With the holidays coming, don't forget to mark Thursday, December 15th, on your calendar. Celebrate at our Holiday Party at the Center, sponsored largely by the Friends. You will have an opportunity to renew your membership at that time. This is a wonderful time to meet new people, make friends, and join some of our programs. Sound bodies and sharp minds make way for a bright future!

We look forward to seeing you at the Center. Enjoy the holidays with family and special friends.

Your President, Judy D'Antonio, Friends of Natick Senior Center, Inc.

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Council On Aging Board Chair's Corner

To design and deliver services which improve the quality of life for those aging in our community through education, support and advocacy... *Aging in the best place in good company.* December is one awesome month at our Community-Senior Center. It has one special project and moment after another. Before telling you of the activities that will be happening, on behalf of the entire Council on Aging Board, we wish each of you a month of joy and happiness and good wishes. It doesn't matter which holiday (or no holiday) you observe, we wish you a season of peace.

There are many volunteer opportunities at our Center. Let me highlight a special one appropriate to the season. On December 7, volunteers will be writing letters to Santa. Let your inner letter writing skills out in a wonderful way.

Hopefully you have been to your **SHINE** counselor already – the decision must be made by December 7 for the next year's medical insurance enrollment. Appointments for doing your **taxes** will be starting the end of January. Speaking of must do, **parking permits** for seniors will begin in December this year. Remember to bring last year's permit, driver's license, and car registration when you come in to get the new permit. Cost is \$2.00.

There are some very special programs being planned. The holiday party will be December 15. Look for sign up announcements. This is always a very special event. We thank the Friends for their financial commitment to this project. We thank the members of the Town who come to serve and join us at this meal. The Natick High School Choir will be entertaining us December 14, early afternoon. A book is always a welcome gift; Looking for a Good Book will be held on December 7. Want a little nostalgia? The Senior Network Learning program this month will be on the Rat Pack.

The Center will again be partnering with Olin College at the end of January. This has been a wonderful problem solving project that has helped our seniors with physical challenges and has helped the students utilize the skills they are being taught.

This is a very special issue of our Sentinel. It is the very last issue that will look like this. We will be maintaining all the things we like but updating the physical appearance. A new look for the new year! Look before throwing the newsletter away since the new look will be for the January and February issue. You might want to save this if you are a collector.

As we end this year and begin the next, let us thank the staff of the Community-Senior Center for all they continue to do. The COA Board thanks the Friends for all their monetary support. We thank the Town for continuing to support us. As we make our New Year's resolutions, let's all promise to be nicer and kinder to one another. Peace on earth and a wonderful 2017!

See you at our Community-Senior Center. Harriet Merkowitz (harriem18@comcast.net)

Special Thanks to the following Sponsors:

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Friends of the Natick Senior Center, Inc. Membership Information

You can become a Friend at the Natick Senior Center, Inc. These donations help run programs at the CSC and help pay the cost of mailing the *Sentinel*. We ask for a donation of \$12 per year. If you live outside of Natick or are under 60 years old, we ask that you pick up a copy of the *Sentinel* at the CSC or view it online at <http://natickma.gov/626/Council-on-Aging>. Mail this form and your tax deductible donation to:

The Friends of Natick's Senior Center, Inc. ~ 117 East Central St. ~ Natick, MA 01760

Make checks payable to: The Friends of Natick's Senior Center, Inc.

Please include a stamped, self-addressed envelope if you want a membership card mailed. **Because we use the Natick Census for our 60+ mailing list having your birth date ensures that you will receive your copy of the *Sentinel*.**

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Name: _____

Telephone #: 1 (_____) _____

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Address: _____ Birth date: _____

City: _____ State: _____ Zip code: _____

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Yes, I would like to volunteer for the Friends! (Please check all that apply)

___ Membership

___ Café

___ Gift Shop

___ Newsletter

___ Special Events

___ Other (Please specify): _____